

Triathlon England Eastern Region Relays
Gosfield Lake - 12 July 2009
Competitor Information Pack

Introduction

Thank you for entering this, the first ever running of the Triathlon England Eastern Region Relay Triathlon, organised by Born2Tri Triathlon Club in conjunction with the Triathlon England Eastern Region Committee. These notes should provide all the information you require for the day but if you have any further questions please contact one of the co-organisers by email Mark Harman (tribraintree@aol.com) or Richard Fuller (richard@triathlonenglandeast.org).

Why have we launched the Relays?

The Regional committee has been looking for things that they can do to promote the sport and Triathlon England within the Region. With that in mind, the reasons for this race are:-

- We want to give triathletes around the region the chance to meet in a fun and competitive environment
- We want to raise awareness of Triathlon England and the region in particular
- We want the region to achieve a level of financial independence to allow it to create and sustain initiatives for talented triathletes in the region.
- We think this format for triathlon is great fun. We hope you agree and will be grateful for any feedback you give us after the race to help us improve it for future years.

For the event to happen at all we are dependant on the talents, efforts and goodwill of Born2Tri who have agreed to host this race in place of their own. We would like to thank Mark Harman and his team for volunteering to help launch this race and hopefully make it a top fixture for the region going forwards.

Venue Address

Gosfield Lake Resort, Church Road, Gosfield, Halstead, Essex, CO9 1UD

Accommodation & Parking.

Gosfield Lake has excellent camping and caravanning facilities with purpose built showers, toilet facilities and electric hook-up available for novice and experienced campers alike! If you would like to book a camping slot for the triathlon please contact Linda at Gosfield Lake Resort on 01787 475043 / 479984

Parking on the race day will be situated in a field approximately 500m from Gosfield Lake Resort. Please follow the parking signs on race day to ensure you park in the right place. **Please note: Parking WILL NOT be available within the resort on race day. Please do not park on the main road near to the lake as this will create**

a risk to competitors on the bike course and may lead to a delay in starting the race!!

BTA Rules.

We recommend you familiarise yourself with the BTA rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. For more information on the rules see the www.britishtriathlon.org BTF website or phone BTA HQ on 01509 226161.

Race Registration

Ahead of the day you must all have completed TWO entry forms online. The first (via Entry Central) guarantees your place in the race and requests payment; the second is give information for all three triathletes in the team. We would also ask you to print off the disclaimer, ensure all team members complete it and bring it with you to registration.

We recognise that due to injury it may be necessary for a member to drop out of a team and a reserve come in; we are able to support these changes like this on the day but these teams **MUST** register prior to 6:30am. For everyone else registration takes place between 6am and 7:30am.

On arrival at registration the team captain **ONLY** should take the completed disclaimer form, along with team member's BTF cards if applicable (for £3 refund) to the main registration desk and collect:-

- 3 Race numbers – Red, White and Blue; these must be worn on the back for the bike leg and on the front for the run leg. Race belts are permitted but numbers must be clearly visible at all times.
- 3 Bike numbers (must be fixed on the bike before taking it into transition)
- 3 Swim hats – Red, White and Blue.
- 3 Event T shirts
- Safety pins
- 1 numbered Team Race Band

We request that all competitors write their next of kin & emergency contact details on the back of their race numbers. This is not just an administrative request. It could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident.

Remember the order of running, like the Union Jack, red, then white, then blue.

Transition Setup

Before the start of the race the red competitor **ONLY** should place his/her bike into transition with a helmet; the bike number must be on the bike before entering. No other equipment is required in this zone. The other competitors should place their bikes, alongside all other equipment in the designated spectator and holding area.

Please note that there is no security in force in this area and competitors should ensure the safety of their kit.

Race Brief

This will take place at 7:40am adjacent to the main transition area.

Swim (750m – Open water – Wetsuits compulsory)

The red triathlete will start in the water in a mass start. If you are a nervous or first time swimmer, or not a fast swimmer, we recommend you start at the back or side of the main pack because the first 100m can be quite “exciting”.

At the time of the red triathletes entering the water, the white triathletes should move to the swim > swim tag zone.

The red triathlete will follow the marked course and at the end exit the water and tag their white triathlete in the swim > swim tag zone by passing (not throwing) their team band to them. The red triathletes will then exit transition ensuring the timekeeper takes their number and, when ready for the bike leg, move to Transition area A (see map). The white competitor will follow the same course (except from a land start) and swim the same course, exiting and passing the band to the blue competitor in the same way. The blue triathletes enters the swim > swim tag zone once the white triathlete is swimming.

On completing their swim the blue competitor must tag the red competitor in the swim-bike transition zone to allow the red triathletes to start their bike leg. Once the red triathlete has left on the bike route, the white triathlete can take their bike and helmet into transition area A.

Bike (20k)

On leaving transition walk/run the bike to the mount line before mounting and proceeding onto the bike course.

The cycle course follows an undulating route that takes the competitors on a 1 lap circuit around Gosfield Lake. The route will be using some main roads and a number of smaller roads. All major junctions will be signposted and marshalled BUT competitors should familiarise themselves with the route prior to competing. Please find attached to the rear of these instructions both a visual map route and a detailed descriptive route outline.

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in either penalty or DQ and possible banning of that competitor from future events. Failure to adhere to the

Highway Code is not only a danger to yourself and other road users but also threatens the continuation of races as the authorities are becoming increasingly critical of races on the highway. Please do not damage your own sport by riding recklessly.

Please note that **race marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only and not instruction. THEY WILL NOT ADVISE YOU AS TO WHETHER IT IS SAFE TO GO.**

Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

The race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring seven metres long by three metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone.

A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back. Time penalties and DQ's will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

BSI, ANSI, or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to taking your bike from the racking and not removed or undone prior to racking you bike at the end of the cycle section. Remember, **NO HELMET, NO RACE.**

On completing the bike route the red triathlete will continue to transition area B, put their bike on the rack and run to the end to tag the white triathlete in transition area A. They must then leave transition area B **WITH THEIR BIKE** and ensure the marshal takes their time and number as they leave transition. The white triathlete completes the same course and tags the blue triathlete. On completion of the third leg the blue triathlete will tag the red triathletes to start the run.

Run (5k)

The run is a single lap on mixed surfaces of concrete, stony path and grass. On completion of the first leg the red competitor will tag the white competitor for their run and the white to the blue. Red and white triathletes must ensure their time is recorded by the timekeeper after they have tagged, blue competitor's times will be recorded once they finish the course.

A marshal will direct red and white triathletes to the transition area for tagging and the blue triathletes to the finish line.

The final competitor must pass the band to the finish marshal.

Other Information

A team will be disqualified if any of the competing triathletes are not wearing the team band. However, it is understood that bands may be lost during the swim phase; if this happens there will be a marshal from whom you can collect a new band (they will write your number on it first).

There will be prizes in the categories of Male Open, Male over 40, Female Open, Female over 40 and best mixed team. Prizes will be awarded as soon after the last competitor finishes as possible; final results will be available same day at www.triathlonenglandeast.org.

The swim course is set up at Gosfield Lake every Tuesday evening between 6.30pm and 8.30pm. All athletes are welcome to attend these open water training sessions to sample the course prior to race day.

All competitors please note: United Kingdom inland waters are not completely safe for swimming. Although risks of disease are low and risks of serious infection are small, swimmers may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming therefore if you are unwell you should seriously consider the implications of racing.

Canoes will be on hand to guide you and provide safety cover. If you get into difficulty, turn onto your back and raise one arm; a canoe will then escort you to the bank or call for the safety boat. If you appear to be struggling in the swim, or if you have been in the water for a long time, you may be pulled out.

The lake is generally 5-6 feet deep so if you do get into difficulty you should be able to put your feet down (although the bottom may be a bit squelchy!!).

Competitor Conduct - Competitors are reminded that they share both the resort facilities and the highway with the general public who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and Born2Tri. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

Massage Services - Braintree Chiropractic and Back Pain Clinic will be on hand to provide pre & post race massage. The massage will be available from 06:30 hours. Competitors should speak to the staff at the massage tent to book a space for after the race.

Gosfield Lake Triathlon Bike Course – 20km (1 lap) – (See Map below)

From mount line to site exit.

Caution - Stop and place both feet on ground at road edge (very limited view to right)

Left out of site along Church Road to J/W A1017

Left on to A1017

Caution – Junction with Halstead Road (from right) on downhill section

A1017 to J/W Rectory Road (Sugar Loaves PH)

Left on to Rectory Road

Climb hill (Church Street) to Wethersfield Road

Left on to Wethersfield Road

Caution – Descent (Cuckoo Hill) road narrows

Caution - Straight on at crossroads

Continue Wethersfield Road to un-named road Blackmore End

Left towards Blackmore End

Caution – through Blackmore End, open right hand bend within village

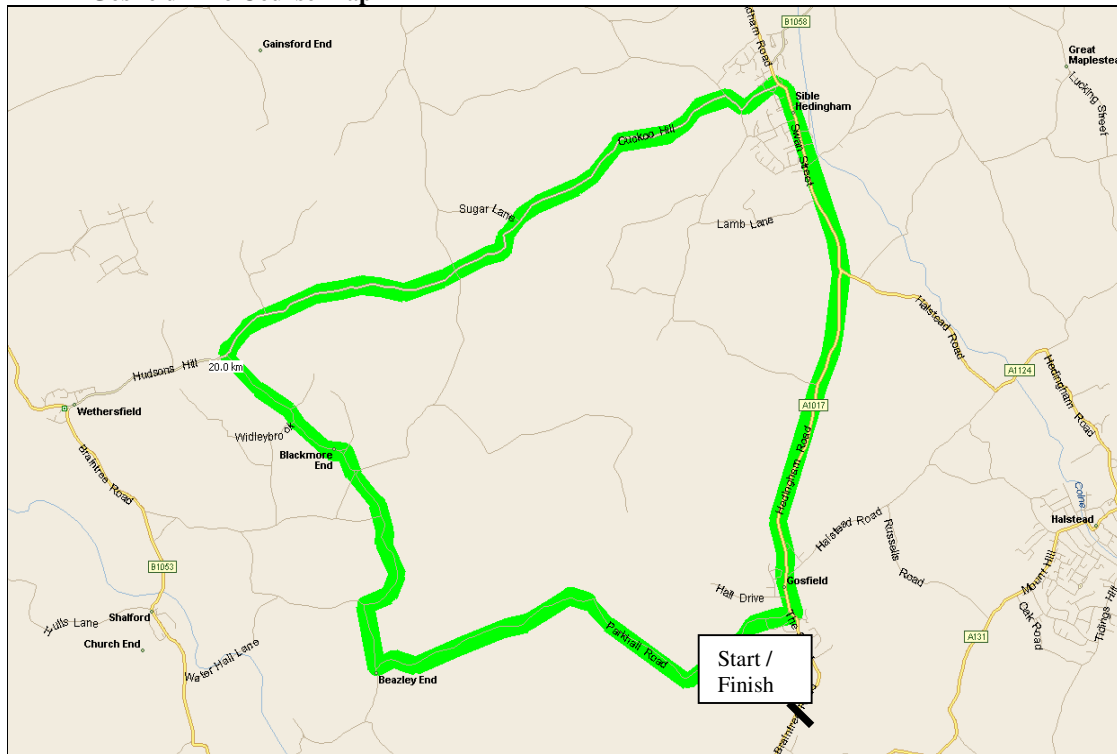
Into Beazley End to Park Hall Road

Left into Park Hall Road

Caution – very tight left hand turn (do not cross centre line)

Continue to complete lap and turn left into site.

Gosfield Bike Course Map



Gosfield Run Course - 1 lap 5km (see map below)

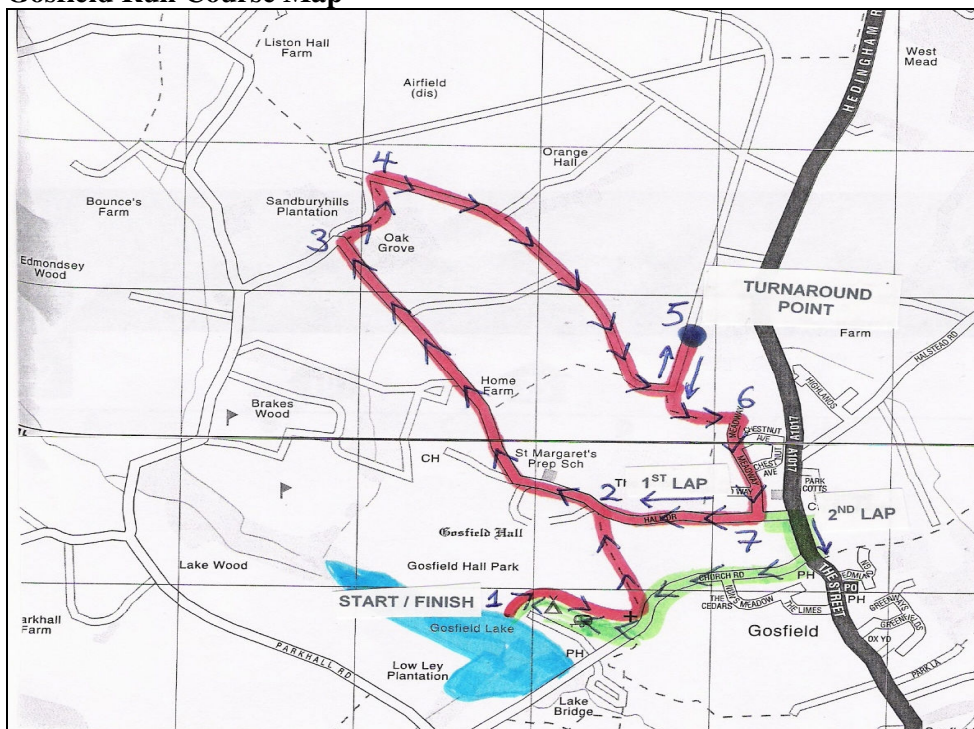
Once you leave transition (**point 1 on map**) you then run round the side of the farmers field to the Church. You then turn left across a public footpath that takes you onto Hall Drive. You then turn left (**point 2 on map**) and run along Hall Drive towards the golf course. Be careful here as there will be cars using the road to access the gold course. You then enter the golf course and continue along the concrete road / farm track. This will lead you towards a wooded area (**point 3 on map**) When you meet the wooded area turn right and run through the woods.

Inside the woods you will then take another left turn that brings you out of the wood along a farm track. You will then take a right turn (**point 4 on map**) onto a concrete track. You then follow this track until you reach the turnaround point (**point 5 on map**). You then run back along the track and take a left turn onto a grass footpath. You then follow this footpath until it meets with the end of Meadway. You turn right onto Meadway (**point 6 on map**) and run along the road until you reach the Junction with Hall Drive (**point 7 on map**). **This is the end of the 1st lap.**

1st lap - you then turn right along Hall Drive where you will join the course at **point 2** on the map and follow the same route as described above.

GREEN ROUTE - At the end of your 2nd lap you then follow the green course

Gosfield Run Course Map



Swim and Transition Plan

